

# Counterpoint



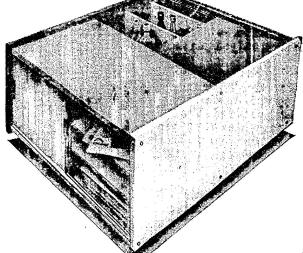
You do not necessarily have to be pregnant nor an unsuccessful applicant for a part in *The Railway Children* to wear a smock. It is one of the oldest forms of clothing re-entering our lives. You can see why it is so popular with the gentlefolk of Merry England. The simple flowing lines of this smock from a soft-light cotton fabric are very comfortable to wear in. The smock in our picture together with matching gauchos is a far cry from the rough linen hand embroidered ones our ancestors wore but it is ideal for such ungainly pursuits as bicycling. It is by Gillian Richard in a red, orange and green material. Sizes are 1, 2, 3, the smock is £7 and the gauchos £4.50. It is made exclusively for Gypsey King, 100 New Bond Street, London, W.1. S.W.3, in the shops in three weeks' time. Rust suede wedge shoes £5.25 from all branches of Ravel. Multi-coloured bandeau from a selection at Martha Hill, Marylebone High Street, W.1.

Photograph by John Kelly

One for now and one for later—but both now and both reassuring examples of good design. The first is a new range of children's wear inspired by Italian designs—the foam block "Sarah" chair from Myers' new outline range, shown for the first time at the Farnham show last month. It is a white web-fab fabric and will sell for about £39.50 when it reaches the shops in mid-March.

Stockists from Myers Brothers, Whitehouse Street, Humblet, Leeds. On the left, a new range of children's wear inspired by Italian designs—the foam block "Sarah" chair from Myers' new outline range, shown for the first time at the Farnham show last month. It is a white web-fab fabric and will sell for about £39.50 when it reaches the shops in mid-March.

Drawing by Philip Castle



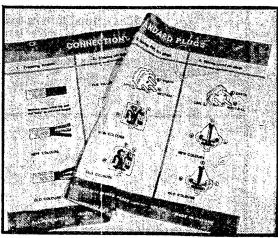
● The abolition of retail price control has left shops to decide on their own what to charge. Not many shops used the new freedom to put prices above the maximum level—there is a better way. If you have not seen it, consider which of us have—to reconstruct our old shawl and coat stand which it brings them more business; all that it is a cheaper club. These are organized which is an arrangement with dressers—name but a few—for their members to buy at anything 10 per cent to 15 per cent off. If you are not a member, the concern should be interested in such a system. It is a win-win situation, of course, it brings them more business; all that it is a more convenient way of selling than the alternative credit card. Whether the latter is a better way depends on the type of transaction before you actually extract payment from the bank. Let me tell you that at the moment there is a lot of talk about the new colour coding for clubs. These are organized which is an arrangement with dressers—name but a few—for their members to buy at anything 10 per cent to 15 per cent off. If you are not a member, the concern should be interested in such a system. It is a win-win situation, of course, it brings them more business; all that it is a

a year's research and only about two months' actual selling, they are about £2000. This is a 10 per cent reduction for the Automobile Association and a 15 per cent off the Premium Bond. I am sure the Patent Plan and you get some benefit from it. I am sure that you and why one of their members was recently able to save £50 over a new sofa and other furniture. And it is all for £2 a year.

● In December we wrote about Mrs. Lyn Craig and her band of women pensioners making shawls, chasos, dresses and scarves in their own homes which Mrs. Craig marketed under the name of "The Shawl Club."

They have gone from success to success and now two of their latest shawl designs have been selected by the Council of Industrial Design as part of their "U.K. to U.S.A. export exhibition at the Design Center, 20th Century market, S.W.1, until April 3.

The shawls are obtainable at Harrods, or from Sussex Street, 222 Goring Road, Goring, Sussex. Prices start at £2.50.



When the new colour coding for the wiring of electrical appliances was first introduced, the Electrical Association for the Supply Industry got a masthead with a printed diagram as a reminder. This one is a follow-on and gives graphic stage-by-stage instructions on how to wire a plug according to both the BS and I.E.C. colours—both will come across the latter on old appliances for some time yet. It costs 37p (postage 21p) direct from E.A.W. at 25 Foubert's Place, London, W.1.

Contributors: Penny Hunter, Symon, Penny Radford, Marie Smith.

## Synthetics in the soup

When I make a cake I do not need to add starch, my scones do not need esters and the ingredients on a packet of green pea soup mix I have just bought do not need any sort of things I would take some notice of. Instead of the simple method I use, there is a formidable list of ingredients, some of which are not even household names of salt, baking powder, vinegar, baking soda, cream of tartar and water.

It is not only the food industry which uses synthetic ingredients like

pea flour, which is a little frightening. That it all sounds a little frightening.

I ate sodium chloride, sodium phosphate, acetic acid, sodium bicarbonate, citric acid, potassium and hydrogen dioxide under the household names of salt, baking powder, vinegar, baking soda, cream of tartar and water.

It is not only the food industry which uses synthetic ingredients like

flavourings, and still not in

the same way.

Food additives have become almost a necessity of life. They serve and stabilize foods and have been used in the food and pharmaceutical industries.

As pharmacology sub-committed to the prevention of food poisoning or cancer risks, food additives are

now controlled by the Food and Drug Administration.

It is permitted, at for most

types of food, a quantity

which is safe for man.

But the question is, does

the precautions taken to make

sure that foods are safe and

nutritious are adequate?

Dr. Gwyneth Unquart, of Queen Elizabeth College, Cambridge, Cambridgeshire, said that unless very

careful ingredients are used cakes

will be no more nutritious than

those from the shop or package

eggs just as I do.

The major difference between a cake made by me and my

own cakes, Dr. Unquart explained,

is in the coloring agents used.

There are many different agents, so carbon dioxide gas is

used to make the cake lighter and

give you having to beat

it. The major difference is that if you use a bucket sponge

mix to make a Victoria sponge

you will get a good

quality white fat than with butter,

because the emulsifying process is

done for you by the cake mix.

My pea soup would be no better than yours, Dr. Unquart said. If I left out the cream and used dried or very fresh peas, to squash

them up, I would do something

special for my family by

using a different emulsifier.

Dr. F. Crampton, director of the Health Protection Department of the Medical Research Association, said that natural foods can be poisonous.

For example, raw potato and

cocoa all contain appreciable amounts of solanine.

Caffeine, found in coffee, tea and

chocolate, is also a poison.

So far as it is known, no one

has ever died because they ate a

lot of strawberries. But con-

volusions and death are believed to be associated with eating lots of strawberries. There are more

than 3600 recorded cases of food

poisoning each year in England

and Wales, and a few dozen people

die every year from food

poisoning.

"God," as a scientist once rather

sourly remarked, "does not work

in a vacuum." So, Dr. Unquart

shall go on making my own

pea soup, and my wife may

keep better, look better, rise

better, and be just as nutritious.

And we will all eat more

like real food.

## End Dry Skin

Wrinkles form in the colder weather because the skin con-

tracts more when it is cold than

when it is warm.

Those of you with dry skin

care at this time of the year

by smoothing oil of Ulay

over your face daily

before you make up.

By hygienic methods.

Each active day skin will

gain a healthy mid-summer

glow. The most moist

Ulay oil is the finest

moisturizer and is also excellent

for night-time skin con-

**Counterpoint.**

Mary McCurrie.

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